



East County Community Recreation Center

55+ Active Adult Programs

The East County 55 + Active Adult program meet at the East County Community center on Tuesday and Friday. Limited transportation is available to and from the center. We also offer a nutritional lunch provided by Meals on Wheels. A donation is encouraged to help offset the price of the program. Call Karen Smith on Tuesday or Friday for information or to sign up. This free program offers a multitude of social, educational and recreational opportunities for those 55 and older. Visitors are welcome. Come join us, bring your interest and talents to share with the community!

October and November 2018 Program Highlights

Tuesday October 9, 11:00am, Arts for the Aging
Foty Fairouz (Imagine)

Tuesday October 23, 11:00am Arts for the Aging
Nancy Havlik (Dance/movement)

Lunch

Offered Every Tuesday and Friday at 12:00 pm

Fitness Opportunities

Chair Aerobics (20 minutes) (FREE)
Tuesdays and Fridays, between 10:00-11:00 am

Senior Fit Program (Aerobic Exercise Session) (FREE)
Mondays, Wednesdays and Fridays from 10:45am to 11:45am

HAPPY BIRTHDAYS for October and November

Mr. T 10/19

Clydia McAbee 10/20

Karen S 10/26

Lillian 11/18

Charles West 11/20



Senior Program

Coordinators:

Karen Smith & Lil
Wolf

Senior Program

Hours:

Tuesdays and Fridays

10:00 AM —2 PM

Center Director:

Brandon Ashe

Assistant Director:

Monica Osbourne

Address:

3310 Gateshead
Manor Way, Silver
Spring, MD 20904

Phone:

240-777-8090
Hablamos Español

Center Hours:

Monday-Thursday

10 AM– 9 PM

Friday

10 AM– 6 PM

Saturday

10 AM-3 PM

Sunday – Closed